Nearly One in Three Peptide Questions on JustAnswer Now Involve GLP-1s or Weight Loss

Consumer queries are shifting to mixing, dosing and injecting products as the FDA weighs whether to expand pharmacy compounding amid mounting safety concerns

SAN FRANCISCO, CA, UNITED STATES, September 23, 2026 /EINPresswire.com/ -- Nearly one in three peptide-related questions submitted to JustAnswer in 2026 also mentioned GLP-1s or weight loss, up from about one in six in 2024, according to a new analysis of thousands of consumer questions submitted to the online platform connecting consumers with licensed professionals. The overlap increased from 17% of peptide questions in 2024 to 24% in 2025 and 31% in 2026 through August - an 81% increase in two years.

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>
> *Dr. Cuilan Li, a JustAnswer physician*

Consumers are also moving beyond basic questions about what peptides are. They are increasingly asking how to mix them, how much to inject and whether they can be safely combined with medications they already take. Dosing and preparation now rank among the most common question types: how much to take, how frequently to inject, how to reconstitute a vial and how many units to draw into a syringe. Consumers also ask about "stacking" multiple peptides, whether oral or injectable forms are more effective, and whether peptides are safe to use before or after surgery.

"Two years ago, people wanted to know what a peptide was. Now they are asking how many units to pull into a syringe," said Dr. Cuilan Li, a physician on JustAnswer. "That is a different kind of question, and it carries different stakes. A person's other medications, their health history and whether they are pregnant or heading into surgery all change the answer, and none of that is on a product label, assuming the label is even accurate."

The trend comes as concerns intensify about the safety, labeling and regulation of injectable peptides. In testing published by WIRED last week, products sold as peptides at New York convenience stores did not contain the active ingredients listed on their labels. Currently, the FDA is also weighing whether certain currently unapproved peptides should become eligible for pharmacy compounding, despite limited evidence of their safety and effectiveness.

Peptides and GLP-1s Are Increasingly Part of the Same Conversation

Consumers are asking whether peptides can help with weight loss, how they differ from prescription GLP-1 medications, and whether tirzepatide and semaglutide are themselves peptides. Others ask whether they can switch from FDA-approved medications such as Ozempic, Wegovy, Mounjaro and Zepbound to compounded versions of semaglutide or tirzepatide.

Those questions span distinctly different product categories. FDA-approved medications, compounded medications and unapproved peptides sold through "research use only" or other direct-to-consumer channels are not interchangeable and do not undergo the same regulatory review or quality controls.

The rapid growth of GLP-1 use helps explain the overlap. Approximately 11% of U.S. adults currently take GLP-1 medications for weight loss, nearly four times the 3% recorded in 2024, according to Gallup's latest national survey. At the same time, interest in experimental peptides is also rising. A September preprint analysis of de-identified clinical records covering 15.2 million patients identified 1,039 patients with documented BPC-157 use. Newly confirmed users increased 33-fold between the first quarters of 2020 and 2026.

Peptide Questions on JustAnswer Go Well Beyond Weight Loss

Among JustAnswer queries from 2024-2026, BPC-157 was the most frequently mentioned specific peptide across the period studied, followed by TB-500 and collagen peptides. Other recurring terms included GHK and GHK-Cu, CJC and CJC-1295, ipamorelin, NAD, tesamorelin and retatrutide.

Many of the questions involve circumstances no product page can adequately address. Consumers ask about potential interactions with cancer treatment and other diagnosed conditions, about use during pregnancy or while trying to conceive, and about whether to stop peptides before an operation. Others focus on injuries and tendon or ligament recovery, on skin, hair and wrinkles, and on muscle growth, testosterone and growth-hormone-related peptides.

"When someone asks whether a peptide is safe alongside chemotherapy, or during pregnancy, that is not a wellness question anymore," said Dr. Li. "Many consumers first learn about these products through social media or online sources, but for many experimental peptides, human data and established guidance on dosing, administration and safety are still very limited. That is why they often turn to physicians—to understand what is known, what remains uncertain, and what is safest for their individual situation."

About JustAnswer

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